

## Charles R. Drew Wellness Center

2101 Walker Solomon Way  
Columbia, SC 29204 (803) 545-3200



### June Water Aerobics & Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 - 6:30am <i>Deep Intensity</i> Edwin		5:45 - 6:30am <i>Deep Intensity</i> Edwin		
<u>Postponed</u>		<u>Postponed</u>		7 - 8am <i>Aqua Flow</i> Pat	
	11 - 11:45am <i>Deep Water Dynamics</i> Pat		11 - 11:45am <i>Deep Water Dynamics</i> Pat		9:30 - 10:15am <i>Aqua Zumba®</i> Lisa/Kaarina (rotation)
12 - 1pm <i>Aqua Fit</i> Gail		12 - 1pm <i>Aqua Fit</i> Gail		<b>*New Class*</b> 12 - 1pm <i>Body Splash</i> Jessica	
	5:45 - 6:30pm <i>Deep Intensity</i> Demetra		5:45 - 6:30pm <i>Aqua Zumba®</i> Lisa		
6:45 - 7:30pm <i>Cardio Waves</i> Edwin		6:45 - 7:30pm <i>Cardio Waves</i> Edwin			Updated 5-30-17

\*\*\*Don't forget your water bottle and towel! Rubber-soled aquatic shoes are highly recommended for all classes, not only for your safety, but also for proper form and technique.\*\*\*

### Class Descriptions

**Body Splash** - This shallow water workout will torch some serious calories against the water's resistance but feels like dance and play! All levels welcome.

**Rise & Revitalize** - An early morning high energy class that has cardio and strength training to get you through your day. This class is designed to strengthen parts of your body that improve everyday activities.

**Deep Water Dynamics** - A no impact workout! This class is for anyone who is comfortable in the deeper water and wants to challenge their muscles in a new way. Slow paced and easy for beginners to become comfortable in deep water exercise.

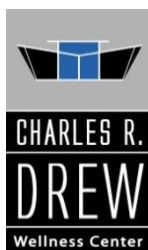
**Deep Intensity** - Wake up to this invigorating deep water workout! Challenge your body to new levels with no impact and high intensity cardio workouts. All levels welcome to work at your own pace.

**Cardio Waves** - This highly energetic shallow water fitness class will get your heart pumping with non-stop cardio fun! Improve cardiovascular fitness, muscular endurance and flexibility. Participants can work at their own pace.

**Aqua Fit** - Workout to fun, aerobic routines in shallow water. This high energy low impact cardiovascular workout is great for anyone!

**Aqua Flow** - A mid-level intensity class improves cardiovascular conditioning and muscular endurance. Balance, flexibility, and strengthening exercises make this class ideal for protecting lower limb joints and relieving arthritis pain and stiffness. Shallow Water

**Aqua Zumba®** - It's a "pool party" workout for all ages! A challenging water based workout. This is definitely not your typical water workout! Shake, shimmy and sizzle in the water as we create some heat, Zumba Style! Shallow Water



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### June Lap & Recreational Swimming Schedule

	Lap Swimming <i>Lanes 4-8</i>	Independent Aqua Exercise <i>Lanes 1-3</i>	Recreational Swimming <i>Lanes 1-3</i>
<i>Monday</i>	5:30am-8pm	8am-10am	1-4pm
<i>Tuesday</i>	5:30am-8pm	8am-10am	1-4pm
<i>Wednesday</i>	5:30am-8pm	8am-10am	1-4pm
<i>Thursday</i>	5:30am-8pm	8am-10am	1-4pm
<i>Friday</i>	5:30am-7pm	8am-10am	1-6:30pm
<i>Saturday</i>	8am-5pm	12-5pm	1-5pm
<i>Sunday</i>	2-5pm	2-5pm	2-5pm

\*\*\*Pool and Locker Rooms **CLOSE** one hour before the facility closes.\*\*\*

For group swim reservations please call 24 hours ahead to reserve.

#### **Group Swim Reservation Times:**

Monday-Thursday 1-4pm

Friday 1-5pm

*During inclement weather the pool will be temporarily closed due to thunderstorms in the area  
For your safety, the pool will be closed for 30 minutes following each audible crash of thunder and/or visible  
strike of lightning as detected.*